

*"Profound and fascinating."* — Benjamin Spock, M.D.

# The **SEVEN** **SPIRITUAL** **LAWS FOR** **PARENTS**

Guiding Your Children to Success & Fulfillment

**DEEPAK  
CHOPRA**



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# **Summary of "The Seven Spiritual Laws For Parents" by Deepak Chopra**

## **Guiding Your Children To Success And Fulfillment**

**Written by Bookey**

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Dale Carnegie

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#### Description

Have you ever made an effort to change yourself in order to become a better partner, employee, or child? Think about it: did you eventually receive the approval you wanted? The author, Dr. Robin Stern, has attempt...more

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#### Avoid Criticism in Interpersonal Relationships

Criticizing others only provokes resistance and hurts their self-esteem, arousing resentment instead of solving problems. Remember that any fool can criticize, but it takes character and self-control to be understanding and forgiving.

[Example](#)

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- Getting Things Done

# About the book

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In a world teeming with uncertainties and challenges, parenting often feels like an uncharted territory, leaving us questioning our role, approach, and ultimate purpose. Deepak Chopra, a renowned spiritual guru, introduces us to a compelling guide that transcends conventional parenting wisdom. "The Seven Spiritual Laws for Parents" unveils empowering principles that not only nurture our children's physical and emotional well-being but also foster their spiritual growth. By delving into timeless spiritual truths, this transformative manual offers a fresh perspective on raising children harmoniously, cultivating their innate gifts and consciousness from a place of love, presence, and authenticity. With profound insights and practical advice, Chopra invites you to embark on a sacred journey that will enrich your parenting experience and leave a lasting imprint on generations to come.

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# About the author

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Deepak Chopra is a renowned author, speaker, and mind-body healing expert who has significantly contributed to the field of spirituality and personal development. Born and raised in India, he initially pursued a career as a medical doctor before delving into the realms of Eastern philosophy, meditation, and Ayurvedic medicine. Deepak Chopra's books, lectures, and workshops have captivated millions of individuals worldwide, empowering them to lead more fulfilling lives by embracing the integration of mind, body, and spirit. With his unique ability to bridge the gap between science and spirituality, Chopra has become a beacon of wisdom, guiding people towards deeper self-awareness and spiritual enlightenment.

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# Chapter 1:Overview

[Check more about The Seven Spiritual Laws For Parents Summary](#)

Hi, Welcome to Bookey! Today we will unlock the book *The Seven Spiritual Laws For Parents* by Deepak Chopra.

As parents, we all strive to create a loving and nurturing environment for our children. We want them to flourish, to develop into kind-hearted, well-adjusted individuals who are equipped with the tools to navigate life's challenges with grace and resilience. But amidst the chaos of daily responsibilities, it is easy to lose sight of how to achieve this profound goal.

In his transformative book, "*The Seven Spiritual Laws For Parents*," renowned author Deepak Chopra offers invaluable wisdom and insights that have the power to revolutionize the way we approach parenting. Deepak Chopra, a world-renowned pioneer in the field of mind-body medicine, effortlessly weaves together ancient spiritual principles with practical advice, creating

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a roadmap for conscious parenting.

Imagine a scenario where your child comes home from school one day, visibly upset and agitated. Your initial reaction might be to demand an explanation or perhaps dismiss their emotions entirely, attributing them to childhood whims. However, Chopra gently guides us to pause, to take a moment to really see our child - not just the situation.

Let's say, upon further inquiry, you discover that your child had been relentlessly bullied by their classmates that day. Deepak Chopra emphasizes the importance of empathy in such moments. He encourages parents to acknowledge their child's feelings without judgment or comparison, creating a safe space for them to express themselves honestly.

Furthermore, he introduces us to the concept of true listening, where we engage with our children not just with our ears but with our hearts. It is a

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practice that demands our undivided attention, allowing our children to feel heard and valued. In this hypothetical scenario, as your child pours out their heart, you offer genuine compassion, offering them solace in the turmoil they experienced.

Deepak Chopra's teachings go beyond addressing immediate emotional needs. He delves into the essence of self-esteem, asserting that a child's self-worth is not determined solely by their external achievements but by their internal sense of self-acceptance and love. He advocates for the cultivation of qualities such as gratitude, compassion, and kindness, fostering a deep-rooted belief in one's inherent goodness. With such a foundation, children can tackle life's obstacles with resilience, knowing that they possess the power to overcome any adversity.

As we progress through the pages of "The Seven Spiritual Laws For Parents," we witness how Deepak Chopra demystifies the art of parenting,

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offering practical exercises and meditations that assist both parents and children in developing awareness, presence, and emotional intelligence. He seamlessly bridges the spiritual with the practical, showing us how nurturing our own well-being is intrinsically intertwined with parenting success.

This book is not a mere collection of theories; it is a transformative journey that will challenge and uplift you as a parent. Deepak Chopra's eloquent writing and his ability to distill complex ideas into relatable anecdotes will captivate you from the first page until the very end. He weaves stories of his own experiences as a parent, infusing the text with authenticity and a compassionate understanding of the joys and struggles inherent in raising children.

"The Seven Spiritual Laws For Parents" is a profound invitation to discover the transformative power of conscious parenting. By integrating timeless spiritual principles with

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practical tools, Deepak Chopra offers a roadmap to create a harmonious and loving family environment. It is an opportunity to not only transform the lives of our children but to embark on our own inward journey of self-discovery and growth. So, dive into the full summary of this book and uncover the extraordinary potential that lies within you as a parent.

In the subsequent text, we will cover the three most significant key concepts found in this book.

1. Nurturing a strong spiritual foundation in children helps them develop values, empathy, and a sense of purpose in life.
2. Practicing unconditional love, acceptance, and non-judgment towards our children allows them to blossom into their authentic selves.
3. Balancing discipline with freedom and providing clear boundaries fosters a sense of security and self-discipline in children.

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# **Chapter 2:Nurturing a strong spiritual foundation in children helps them develop values, empathy, and a sense of purpose in life.**

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Chopra stresses the importance of teaching children the concept of mindfulness. Mindfulness is the practice of being fully present in the moment, without judgment. By introducing mindfulness to children, parents can help them develop self-awareness, emotional regulation, and a greater sense of calm and clarity.

One way to incorporate mindfulness into children's lives is by teaching them simple breathing exercises. For example, parents can guide their children to take slow, deep breaths and focus their attention on the sensation of their breath coming in and out of their bodies. This simple activity helps children become more attuned to their bodies and emotions, allowing

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them to respond to challenging situations with greater patience and self-control. By teaching children mindfulness at a young age, parents lay the foundation for lifelong habits of self-care and emotional well-being.

Another key aspect of nurturing spirituality in children is teaching them the power of intention. Chopra explains that intention is the process of consciously directing our thoughts, words, and actions towards a specific goal or outcome. By helping children understand the power of intention, parents can instill a sense of purpose and motivation in them.

For instance, parents can encourage their children to set intentions for the day, such as kindness, patience, or gratitude. By setting these intentions, children become more conscious of their actions and behaviors, and strive to align them with their chosen intention. This practice not only helps children develop a strong moral compass but also empowers them to make

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positive contributions to their own lives and the lives of others.

Chopra also highlights the importance of teaching children the practice of conscious communication. Conscious communication involves being fully present and attentive when engaging with others, speaking with honesty and authenticity, and actively listening without judgment. By teaching children conscious communication, parents can help them build strong and meaningful relationships.

Parents can model conscious communication by actively engaging in open and honest conversations with their children, expressing their emotions and opinions with clarity and respect. They can also encourage their children to express themselves freely and provide a safe and supportive space for them to do so. Through conscious communication, children develop skills in effective expression, active listening, and empathetic understanding, which are essential for

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building healthy and harmonious relationships.

In addition to these key practices, Chopra emphasizes the importance of nurturing children's creativity, fostering their connection to nature, and guiding them to live in harmony with the cycles of life. By providing children with opportunities for artistic expression, spending time in nature, and teaching them about the interconnectedness of all living beings, parents can help them develop a deep sense of wonder and appreciation for the world around them.

Overall, nurturing a strong spiritual foundation in children is crucial for their holistic development. It helps shape their values, empathy, and sense of purpose in life. Through practices such as gratitude, interconnectedness, mindfulness, intention, conscious communication, and creativity, parents can create a supportive and nurturing environment that fosters their children's spiritual growth. In doing so, children are better equipped to navigate life's challenges,

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make ethical decisions, and find meaning and purpose in their actions – ultimately leading to a more fulfilling and purposeful life.

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You must use your mind to get things off your mind.  
- *Getting Things Done*

**Choose Your Focus Area**

What are your reading goals?  
Choose 1-3 goals

- Be a better parent
- Improve social skills
- Improve management skills
- Be an effective person
- Open mind with new knowledge
- Make more money
- Be healthy
- Be happy
- Get inspired with biography

**Mind Map**  
Get All Key Insights

**Key Insight 1**

- Know yourself.
- Gain insight into human nature
- Our lives are shaped by temperament
- Personal development demands loneliness and solitude

**Key Insight 2**

- Have a good grasp of the subject-object relationship.
- Riches are like seawater; what suits us is the most important